Revised 1/2015



Iowa CACFP Individual Infant Weekly Menu

Directions: This weekly menu form is for one infant. Date and complete the menus as served.

Abbreviations

 $\begin{array}{ll} \text{C Ch = Cottage Cheese} & \text{Opt = Optional} \\ \text{Ch = Cheese} & \text{Tbsp = Tablespoon} \\ \text{Ft = Fruit} & \text{Veg = Vegetable} \\ \text{HM = Human Milk} & \text{Oz = Ounce} \\ \end{array}$

IFF = Iron Fortified Infant Formula IFC = Iron Fortified Infant Cereal

Month & Year				Infant's Name					
Formula Name				Birth date	3				
Who	provides fo	mula? Parent or Center (circle one) Optional fo	Optional foods tried and now required				
	Age	Infa	nt Meal Pattern*	Monday	Tuesday	Wednesday	Thursday	Friday	
				Date:	Date:	Date:	Date:	Date:	
Breakfast	0-3 mo	4-6 oz HM or IFF							
	4-7 mo	4-8 oz HM or IFF							
		0-3 Tbsp IFC (Opt)							
	8-11 mo (until 1 st birthday)	6-8 oz HM or IFF							
		2-4 Tbsp IFC							
		1-4 Tbsp Ft and/or Veg							
ν.	0-7 mo	4-6 oz HM or IFF							
Snack	8-11 mo (until 1 st birthday)	2-4 oz HM or IFF or Ft Juice							
Sn		0-1/2 slice Bread or 0-2 Crackers (Opt)							
	0-3 mo	4-6 oz	HM or IFF						
	4-7 mo	4-8 oz	HM or IFF						
			sp IFC (Opt)						
Lunch		0-3 Tbs	sp Ft and/or Veg (Opt)						
	8-11 mo (until 1 st birthday)		HM or IFF						
			sp Ft and/or Veg						
		Meat, fi cooked or ½-2	sp IFC and/or 1-4 Tbsp ish, poultry, egg yolk, dry beans or split peas; oz Cheese; 2-8 Tbsp C 1-4 oz Ch Food or Ch						
Snack	0-7 mo	4-6 oz HM or IFF							
	8-11 mo	2-4 oz	HM or IFF or Ft Juice						
	(until 1 st birthday)		ce Bread or ackers (Opt)						
Supper	0-3 mo	4-6 oz	HM or IFF						
	4-7 mo	4-8 oz	HM or IFF						
		0-3 Tbsp IFC (Opt)							
		0-3 Tbs	sp Ft and/or Veg (Opt)						
	8-11 mo (until 1 st birthday)	6-8 oz	HM or IFF						
			sp Ft and/or Veg						
		Meat, fi cooked or ½-2	sp IFC and/or 1-4 Tbsp ish, poultry, egg yolk, dry beans or split peas; oz Cheese; 2-8 Tbsp C 1-4 oz Ch Food or Ch						

^{*} Minimum quantities are listed, some infants will need more food to satisfy their hunger and to be healthy.

Note: Prepare the amount of breast milk the baby usually drinks at one feeding. Some babies may drink less than 4 oz. at a feeding. Offer more if the baby still seems hungry.



menus as served.

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October 2011 Month & Year Infant's Name Cali Jones Age 8 mo broad & wheat crackers-center provides Formula Name Enfamil Birth date February 1, 2011 Optional foods tried and now required Who provides formula? Parent or Center (circle one)

	Age	Infant Meal Pattern*	Monday Date: ろ	Tuesday Date: 4	Wednesday Date: 5	Thursday Date: 🌘	Friday Date: 7
Breakfast	0-3 mo	4-6 oz HM or IFF					
	4-7 mo	4-8 oz HM or IFF					
		0-3 Tbsp IFC (Opt)			·	•	
	8-11 mo	6-8 oz HM or IFF	ΗM	HM	HM	H M	HM
	(until 1 st birthday)	2-4 Tbsp IFC	IFC-rice	IFC- oats	IFC-MIX	IFC-Ourffin	IFC-Multi
		1-4 Tosp Ft and/or Veg	applesance.	peaches	aprilets	plums	apricots
Snack	0-7 mo	4-6 oz HM or IFF			1	*	
	8-11 mo	2-4 oz HM or IFF or Ft Juice					
	(until 1 st birthday)	0-½ slice Bread or 0-2 Crackers (Opt)					
Lunch	0-3 mo	4-6 oz HM or IFF					
	4-7 mo	4-8 oz HM or IFF 0-3 Tbsp IFC (Opt) 0-3 Tbsp Ft and/or Veg (Opt)					
	8-11 mo	6-8 oz HM or IFF	HM	HM	HM	HM	HM
	(until 1 st birthday)	1-4 Tbsp Ft and/or Veg	green beans	Dotatoes	squash	bananas	carrots
	,,	2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or split peas; or ½-2 oz Cheese; 2-8 Tbsp C Ch; or 1-4 oz Ch Food or Ch Spread	iFC-mix	ground beef	American cneese	turkey	Kidney beans
J	0-7 mo	4-6 oz HM or IFF					
Snack	8-11 mo	2-4 oz HM or IFF or Ft Juice	grape juice	HM	IFF	HM	apple juice
Sug	(until 1 st birthday)	0-½ slice Bread or 0-2 Crackers (Opt)	(satines)		Graham Crackes		(bread)
	0-3 mo	4-6 oz HM or IFF					
	4-7 mo	4-8 oz HM or IFF 0-3 Tbsp IFC (Opt) 0-3 Tbsp Ft and/or Veg (Opt)					
per	8-11 mo	6-8 oz HM or IFF					
Supp	(until 1 st	1-4 Tbsp Ft and/or Veg		-			
Š	birthday)	2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or split peas; or ½-2 oz Cheese; 2-8 Tbsp C Ch; or 1-4 oz Ch Food or Ch Spread					

^{*} Minimum quantities are listed, some infants will need more food to satisfy their hunger and to be healthy. Note: Prepare the amount of breast milk the baby usually drinks at one feeding. Some babies may drink less than 4 oz. at a feeding. Offer more if the baby still seems hungry.